

Produce
Quick Reference Guide
 For detailed guidelines,
 refer to the agency
 administering the
 program.

Administered by:



[Iowa Department of Human Services](#)



**WIC & Senior Farmers Market Nutrition
 Programs 1,3,4,5**

[Iowa Department of Agriculture and Land
 Stewardship](#)

| | | |
|-----------------------|---|---|
| Apples | ✓ | ✓ |
| Apricots | ✓ | ✓ |
| Artichokes | ✓ | |
| Asparagus | ✓ | ✓ |
| Avocados | ✓ | |
| Bananas and Plantains | ✓ | |
| Beans | ✓ | ✓ |
| Beets | ✓ | ✓ |
| Berries | ✓ | ✓ |
| Bok Choy | ✓ | ✓ |
| Broccoli | ✓ | ✓ |
| Brussels Sprouts | ✓ | ✓ |
| Cabbage | ✓ | ✓ |
| Carrots | ✓ | ✓ |
| Cauliflower | ✓ | ✓ |
| Celery | ✓ | ✓ |
| Cherries | ✓ | ✓ |
| Coconut | ✓ | |
| Cucumbers | ✓ | ✓ |
| Currants | ✓ | ✓ |
| Dragon fruit | ✓ | |
| Edamame | ✓ | ✓ |
| Eggplant | ✓ | ✓ |
| Grapefruit | ✓ | |
| Grapes | ✓ | ✓ |
| Greens | ✓ | ✓ |
| Guava | ✓ | |
| Jicama | ✓ | |
| Kale | ✓ | ✓ |
| Kiwi | ✓ | |
| Kohlrabi | ✓ | ✓ |
| Leeks | ✓ | ✓ |
| Lemons | ✓ | |
| Lettuce | ✓ | ✓ |
| Lychees | ✓ | |
| Limes | ✓ | |
| Mangoes | ✓ | |
| Melons | ✓ | ✓ |
| Nectarines | ✓ | |
| Okra | ✓ | ✓ |
| Onions | ✓ | ✓ |
| Oranges | ✓ | |
| Papaya | ✓ | |
| Parsnips | ✓ | ✓ |
| Passion fruit | ✓ | |
| Peaches | ✓ | ✓ |
| Pears | ✓ | ✓ |
| Peas | ✓ | ✓ |

| |  |  |
|---------------------|---|--|
| Peppers | ✓ | ✓ |
| Persimmons | ✓ | ✓ |
| Plums | ✓ | ✓ |
| Pomegranates | ✓ | |
| Potatoes | ✓ | ✓ |
| Pumpkins | ✓ | ✓ |
| Radicchio | ✓ | ✓ |
| Radishes | ✓ | ✓ |
| Rhubarb | ✓ | ✓ |
| Rutabaga | ✓ | ✓ |
| Shallots | ✓ | ✓ |
| Spinach | ✓ | ✓ |
| Squash | ✓ | ✓ |
| Star fruit | ✓ | |
| Sweet Corn | ✓ | ✓ |
| Sweet Potato | ✓ | ✓ |
| Swiss Chard | ✓ | ✓ |
| Tomatillos | ✓ | ✓ |
| Tomatoes | ✓ | ✓ |
| Turnips | ✓ | ✓ |
| Watercress | ✓ | |
| Yams | ✓ | ✓ |
| Zucchini | ✓ | ✓ |
| Nuts | ✓ | |
| Basil | ✓ | ✓ |
| Chives | ✓ | ✓ |
| Cilantro | ✓ | ✓ |
| Dill | ✓ | ✓ |
| Garlic | ✓ | ✓ |
| Mint | ✓ | ✓ |
| Oregano | ✓ | ✓ |
| Parsley | ✓ | ✓ |
| Rosemary | ✓ | ✓ |
| Sage | ✓ | ✓ |
| Tarragon | ✓ | ✓ |
| Thyme | ✓ | ✓ |
| Food Bearing Plants | ✓ | |
| Food Bearing Seeds | ✓ | |

NOTE:

1. Decorative or ornamental pumpkins cannot be purchased with WIC, SNAP, FMNP, or SFMNP benefits.
2. Hot prepared food or drink not allowed for purchase with SNAP benefits.
3. Potato refers to common or white potatoes and its derivatives and cultivars.
4. Locally produced, pure, unpasteurized honey is eligible with SFMNP vouchers.
5. Only fresh, unprocessed and locally grown produce can be purchased with FMNP or SFMNP vouchers.

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